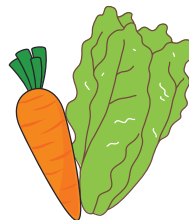


HEALTHY COOK AND EAT CLASSES



Free, six week healthy cooking course for you and your family.

The course covers:

- Nutrition basics
- Budgeting and meal planning portion sizes
- Understanding food labelling
- Your five-a-day
- Healthy food swaps and 'fake aways'.

Classes are face-to-face and virtual but ingredients and recipes will be dropped off to you prior. Get in touch for dates and further event information.



For further information, visit
www.woking.gov.uk/familysupport
Register your interest with us on email
familycentres@woking.gov.uk or call
01483 743 812

